



Deisiane Bresolin's Mushrooms with Creamy Polenta



Here is one of my family's favorite recipes. My family is vegan and of Italian descent. When I lived in Tuscany, I learned from local chefs and adapted our family recipes with healthier/plant-based ingredients while preserving the delicious taste and comfort of Italian food that we all love so much.

– Deisiane Bresolin | Instructor, U.S.

1. Mushrooms

Mushrooms ingredients:

- 5 tablespoons of olive oil
- 12 ounces (~340g) assorted gourmet/wild mushrooms, sliced
- 1 white or yellow onion, diced
- 4 cloves of garlic, thinly sliced
- 1 tablespoons fresh thyme leaves
- Salt and black pepper to taste



Preparation:

1. In a large non-stick pan, sauté the onions, garlic and mushrooms with the olive oil until the mushrooms are golden and crispy
2. Season with thyme leaves, salt and pepper
3. Serve over polenta (gluten-free), pasta or bread (bruschetta)
4. Drizzle extra olive oil on top



2. Creamy polenta

Creamy polenta ingredients:

- 1 cup (~132g) cornmeal
- 1 cup (~240ml) coconut milk
- 3 ½ cups (~825ml) water
- ¼ cup (~20g) nutritional yeast
- 3 tablespoons vegan butter
- 3 tablespoons vegan shredded parmesan cheese (optional)
- Salt to taste



Preparation:

1. In a large saucepan, bring the water and coconut milk to a boil
2. Gently whisk in the cornmeal gradually
3. Bring the mixture to a boil and stir frequently
4. As soon as the polenta begins to spatter, lower the heat
5. Continue to cook, stirring frequently with a wooden spoon until the polenta begins to pull away from the side of the saucepan and is thick, about 30-45 minutes
6. If the polenta starts to clump, whisk vigorously until the clumps are gone
7. Add the nutritional yeast, vegan parmesan cheese (optional), salt, vegan butter and stir
8. Serve polenta on plates while still warm and creamy with the mushrooms on top
9. Drizzle extra olive oil and vegan parmesan cheese (optional)
10. Another option is to wait for the polenta to cool down and harden, and cut it into slices
11. Grill the slices in olive oil and serve with mushrooms on top